

THE BEAR FACTS

MAY 2017

Vol. 10 Issue 5



Kick off to Summer Luncheon

Friday, May 26th

Tickets: \$4.00

Tickets available May 1st

Sponsored by:

Entertainment: by:
**Frank Leto
Steel Drums**



RESTAURANT OF THE MONTH



CINNAMON SUGAR AND SPICE CAFÉ

MONDAY, MAY 22ND

AND

TUESDAY, MAY 23RD

BREAKFAST AND LUNCH ONLY

TAKEOUT AND BAKERY ORDERS ARE INCLUDED

20% of your bill is donated to Friends of Bear Canyon in support of the Center.

Please don't bring extra coupons to the fundraising restaurants to pass out to random diners. It is not fair to expect the restaurants to provide a 20% donation from all patrons.

What's a Pop-Up Trip?

A pop-up trip is a spontaneous celebration of a local destination with little lead time and minimum cost. They are being introduced to give more members a chance to participate in Bear Canyon trips and activities.

The first Pop-Up Trip will be to the Albuquerque Zoo on May 1st. Reservations are available now and will be open until the van is filled. This is a great way to hang out and experience the sights of Albuquerque with friends and acquaintances.

Be sure to sign-up for Bear Canyon email and watch the notice board for these special opportunities.

POP-UP TRIP



ALBUQUERQUE ZOO

MONDAY, MAY 1ST AT 9:00AM

Transportation: 50¢

Admission payable at destination:

(over 65 is \$4.50; under 65 is \$9.00; free w/BioPark membership)

Lunch is on your own or you can order a box lunch from the Oso Canyon Café for \$3.00. See front desk for details.



CITY OF ALBUQUERQUE



BERNALILLO COUNTY

DEPARTMENT OF SENIOR AFFAIRS



The Department of Senior Affairs is a community leader who, in partnership with others, involves seniors and people of all ages in creating a community that enhances everyone's quality of life by providing opportunities to achieve their potential, share their wisdom, maintain their independence, and live in dignity.



City of Albuquerque



Richard J. Berry, Mayor

Department of Senior Affairs

Jorja Armijo-Brasher, Director
Rhonda Methvin, Mgr. Recreation Div.

Bear Canyon Senior Center

4645 Pitt NE; Albuquerque, NM 87111

Phone: 505-767-5959

Fax: 505-767-5964

Hours of Operation

Monday	8 am—5 pm
Tuesday	8 am—5 pm
Wednesday	8 am—5 pm
Thursday	8 am—9 pm
Friday	8 am—5 pm
Saturday	9 am—3 pm
Sunday	Closed

Staff

Kyle Kemp, Center Manager
Anita Hamel, Program Coordinator
Sally Bartos, Office Assistant
Pauline Clements, Program Assistant
Barbara Lucero, Program Assistant
Madeline Velasquez, Cook
David Martinez, Kitchen Aid
John Sanchez, General Service
Kelly Trujillo, General Service

Articles are due by the 15th day of the month. Any material submitted is subject to editing. Inclusion of articles will be determined based on appropriateness of material and relation to the Center's goals and objectives.

Advertising Disclaimer: Businesses that advertise in this newsletter are not endorsed by Bear Canyon Senior Center, the Department of Senior Affairs, or the City of Albuquerque



[HTTP://WWW.BEARCANYONCENTER.COM](http://www.bearcanyoncenter.com)

FROM THE MIND OF THE MANAGER



Jigsaw puzzles are fun. Even though you know the end result, you still have to find the specific way that the pieces fit together to finish the picture. Bear Canyon is like a puzzle. Our goal is to use the facility in order to fulfill our mission to meet the needs of all of our senior members with fairness and dignity.

Our initial challenge has been to define the shape of the pieces. Over the last couple of weeks, we have been trying to ensure the Master Schedule syncs with what is going on in the Center. What we discovered is that many groups had extended their meeting times without letting the front desk know. In some of these cases, we were able to change the Master Schedule, in others, groups were asked to return to their scheduled time.

Now that, I believe, we have an accurate Master Calendar, we can begin piecing the puzzle together. In addition to our ongoing groups, we are trying to identify times when we can offer new programs and activities for our members. We are close to 90% full with limited open blocks of time making new opportunities at the Center difficult to schedule.

Bear Canyon is continuing to increase membership by about 20% a year. These new members are looking to join current groups that are already full or start new ones in a center with finite space. It is like a parking lot at Christmas as people circle around waiting for someone to pull out so they can take their place.

And so we all find ourselves with a bunch of puzzle pieces without a clear sense of how they all fit together. Yet while we may not know what the final outcome will look like, we do know that we need to start talking about how Bear Canyon can best serve its members and the northeast heights neighborhoods.

On an unrelated note, Bear Canyon has an exemplary staff which is committed to serving the Center and its members. If you are having a problem with a staff person, please speak with me directly. Otherwise, I expect members to treat staff with respect at all times. Thank you for your attention in this matter.

**PLEASE REMEMBER THE CENTER WILL BE CLOSED FOR
MEMORIAL DAY (MAY 24TH)**



4TH ANNUAL

FOOD TRUCK FRIDAY

FRIDAY, MAY 5

11:30 AM - 1:00 PM

Visit the Food Trucks on the east side of the building for a taste of delicious local cuisine. After picking up your food, you can dine *al fresco* in the park or at tables on the patio.

Please note, Oso Canyon Café will be serving the daily lunch special and ala carte menu in the social hall.

MAY PRESENTATIONS

Getting Men to the Moon: Behind-the-Scenes Stories

Wednesday, May 3 from 10:00AM - Noon

Nearly half a century ago, the world watched in awe as seven Apollo missions over a four-year period took twenty-one men to the moon and back. Twelve of those men landed on the moon, explored it, and brought back samples of rocks and dirt. 2017 marks the forty-fifth anniversary of Apollo 17, the next to last human visit to the moon. This presentation reveals what it took to overcome challenges and accomplish triumphs in the space program.

Presenter: Loretta Hall

Heart Failure

Wednesday, May 10 from 10:00AM to Noon

Join us for a discussion on ways to keep your heart healthy at home given the limitations that occur with aging.

Presenter: Cynthia G Balazs

Improving Desert Soil

Wednesday, May 24 from 10:00AM - Noon

Learn how to work with your desert garden soil to improve structure and fertility.

Presenter: Bernalillo County Extension

The Engrossing and Romanticized Life of Kit Carson

Wednesday, May 31 from 10:00AM - Noon

He was known in America and abroad as Kit Carson, but his real name was Christopher Houston Carson. Kit was a rugged, modest man of few words, but his reputation was spread in dime novels, by word of mouth, newspaper stories and government reports until his life story took on mythic proportions. Come and join us as we separate fact from myth, while we relate the engrossing tale of this fascinating man.

Presenter: Carol Venturini

REGULAR MONTHLY MEETINGS

ABQ HISTORICAL AVIATION

1st Thursday 7:00 p.m. Rooms 3 & 4

ALBUQUERQUE ACCORDION CLUB

2nd & 4th Thursday every month 7:00 p.m. Room 3

CHEROKEE SOUTHWEST TOWNSHIP

2nd Saturday 11:30-2:30 Room 4

FISHING CLUB MEETING

1st and 3rd Monday 1:00 p.m. Room 1

FRIENDS OF BEAR CANYON

2nd Thursday every month 8:30 a.m. Room 1

GENEALOGY CLUB

3rd Friday 12:30 p.m. Room 4

PROSTATE CANCER SUPPORT GROUP

1st & 3rd Saturdays of the month 12:30 p.m. Room 3

SOCIABLE SINGLES

Meeting: 1st Tuesday 11:30 a.m. Room 1

Meeting: 3rd Friday 3:00 p.m. Room 4

Games: 4th Thursday 3:00 p.m. Room 5

TGIF POETRY GROUP

1st & 3rd Friday 1:00 -3:00 p.m. Room 2

TOPS NM #339(TAKING OFF POUNDS SENSIBLY)

Thursdays, 8:00 a.m. Room 4

VFW Post 10763

1st Thursday 8:30 a.m. Room 1

ZIA SUNDIALS

2nd Saturday of every month at Noon

HAPPY MAY BIRTHDAYS!

and other obscure May celebrations:

- | | |
|--------|---|
| May 3 | Hug Your Cat Day |
| May 4 | Star Wars Day (May the 4th be with you!) |
| May 6 | Revenge of the Sith (6th) Day (another Star Wars reference) |
| May 9 | National Lost Sock Memorial Day |
| May 14 | Dance Like a Chicken Day |
| May 29 | End of the Middle Ages Day (the Middle Ages officially ended on this day in 1453) |

Celebrating Our May Birthdays

May 11th from 11:30 - 12:30

Each month, Bear Canyon takes a moment to remember and celebrate our members who were born during the particular month. Join in song and cake on May 11th as we celebrate all those members who were born in the month of May.

Sponsored by David Riordon,
Independent Insurance Agent

MAY TRIPS

Aurora Borealis Glassworks Tour

Tuesday, May 4th and 9th
\$2.50

Isotopes Baseball

Monday, May 8th
14.50

Shidoni

Thursday, May 11th
\$8.00

Mikado - Adobe Theater

Sunday, May 14th
\$16.00

Hubbell House

Thursday, May 18th
\$2.50

Humming Desert Farms Alpacas

Monday, May 22nd
\$4.00

Ron's Ride & Glide

Tuesday, May 23rd
\$6.50

Out-To-Dinner

Church Street Cafe

Monday, May 1st
Check in: 4:45 p.m. Return: 8:30 p.m.
Transportation: \$2.50

Lunch Bunch

Annie's Soup Kitchen

Thursday, May 25th
Check in: 10:45 AM Return: 2:00 p.m.
Transportation: \$2.50

Advanced Hiking

Thursday, May 11th

Del Orno-N Crest-Agua Sarca Loop
Check in: 8:00 a.m.
Transportation: 5¢/mile

Thursday, May 25th

Survey-10k-Osha Loop Crest
Check in: 8:00 a.m.
Transportation: 5¢/mile

Aquatics-UNM Pool

Morning Session: M, W, F

Check in: 8:00 a.m.

Advanced reservation required. (Call 880-2800)



Bear Canyon's Happenings

Do you find yourself forgetting what events are upcoming? The Bear Canyon email service is a weekly listing of the events and activities at the Center as well as the newsletter and special notices of new activities and trips.

Sign up at www.bearcanyoncenter.com. and click on the email icon on the main page.

NEW PROGRAM NEW PROGRAM NEW PROGRAM



Cast Iron and Dutch Oven Cooking Thursday, May 11th at 1:30PM

Join us for the first of what we hope to be an ongoing community of cast iron and dutch oven enthusiasts. While it is true that once someone experiences cast iron, they have trouble with anything else, it is also true that cast iron requires unique (not difficult) care to keep the cookware clean and lasting.

The first session will be a chance to meet others and assess what aspects of dutch oven cooking the attendees are most interested in exploring. For more information, contact Larry Merry (505.298.0758 / larrymerry881@gmail.com)

FRIENDSHIP COFFEE

Friendship Coffee is a wonderful opportunity to gather with old friends, and make new ones while enjoying a hot cup of coffee and a morning treat. The event is free thanks to the generosity of the following sponsors and supporters:

May 2	Elan Santa Monica
May 9	Sunshine Dental
May 16	Pet Sense
May 23	Oppel Family Dentistry
May 30	ABQ Grand

OLDER AMERICANS MONTH



AGE OUT LOUD: MAY 2017

Getting older doesn't mean what it used to. For many aging Americans, it is a phase of life where interests, goals, and dreams can get a new or second start. Today, aging is about eliminating outdated perceptions and living the way that suits you best.

Take Barbara Hillary, for example. A nurse for 55 years who dreamed of travel, at age 75 Hillary became the first African American woman to set foot on the North Pole. In 2011, at age 79, she set another first when she stepped onto the South Pole. Former president George H.W. Bush celebrated his 90th birthday by skydiving. Actress Betty White, now 95 years old, became the oldest person to host Saturday Night Live in 2010, coincidentally during May—the same month recognized as Older Americans Month (OAM).

Since 1963, OAM has been a time to celebrate older Americans, their stories, and their contributions. Led by the Administration for Community Living (ACL), the annual observance offers a special opportunity to learn about, support, and recognize our nation's older citizens. This year's theme, "Age Out Loud," emphasizes the ways older adults are living their lives with boldness, confidence, and passion while serving as an inspiration to people of all ages.

This month, Bear Canyon focuses on how older adults in our community are redefining aging—through work or family interests, by taking charge of their health and staying independent for as long as possible, and through their community and advocacy efforts. We will also use this opportunity to learn how we can best support and learn from our community's older members.

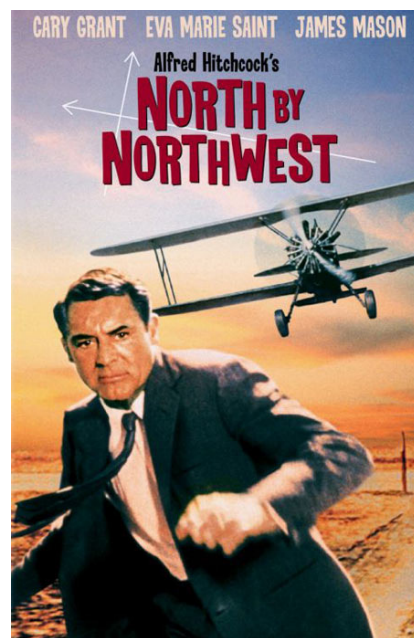
MAY MOVIE MATINEE

North By Northwest

May 16

1:30PM

Join us for our May Matinee as we watch Alfred Hitchcock's 1959 classic, **North by Northwest**. Whether being chased through a corn field or across the face of Mt. Rushmore, Cary Grant remains the perfect gentleman and (of course) winds up with Eva Marie Saint. This movie is often listed among the best movies of all time and is an excellent choice for Bear Canyon's premier Matinee.



OLDER AMERICANS MONTH



AGE OUT LOUD: MAY 2017

Friday, May 20th

11:00 - 2:00

MENU

11:00

Performance by

USA
Dance!

Green Chile Cheeseburgers

French Fries

Cole Slaw

Watermelon

This is a FREE EVENT

Meal Reservations REQUIRED

Musical Entertainment by

SMOOTHIE

Classic Car Show

Cake and ice cream sponsored by 

Refreshing drinks provided by *Las Colinas*

PHOTO BOOTH! BB the Clown!



Please join us for a
Mother's Day celebration

Friday, May 12

11:30 am to 1:00 pm

Cake will be provided by:



Flowers in thanks for all that you do provided by:



The daily lunch special (*Salisbury Steak with Mashed Potatoes and Gravy*) is \$3.25 if ordered by

May 11th at 1:00PM.

The A-la-Carte lunch menu is always available.



Congratulations to
Ron
Mansoldo

recipient of the

**2017 RSVP Lifetime
Achievement Award**

THANK YOU

TO

AARP TAX SERVICE

A huge THANK YOU to AARP and all of their selfless volunteers.

AARP helped 957 people during the 2017 tax season. We will see them again next year.



Let's Talk
About
Veganism

"Sprouting Compassion Seeds" and "Vegan Outreach" will be sharing information on the benefits of a plant based diet. They will also 'break bread' with some delicious vegan food. Join us for this celebration of love for all beings.

Tuesday, June 20, 2017

3:00 to 4:45PM

Register at the Front Desk



**Food Pantry
May 22nd
2:30PM to 4:00PM**

Silver Horizon's food distribution helps keep nutritious foods available to low income seniors who must make choices between buying groceries, paying utility bills, or buying medication.

Seniors receive meat, dairy, and a box of varying non-perishable items, usually enough for 2 weeks of nutritious meals .

For more information about the Silver Horizons Program, call 505-884-3881.

**Geriatric Education and Health Maintenance
(GEHM)**

GEHM provides a wide variety of health services to help seniors obtain and maintain the highest level of health and independence. Services are provided by UNM nursing and pharmacy students.

Monday, May 22nd, 9:00am-11:00am

Chair Massage

Did you know that Bear Canyon offers chair massages on Mondays from Noon to 3:00pm? Imagine all the tensions in your body giving way to peaceful bliss.

Mondays from Noon to 3:00PM

Blue Cross Blue Shield Care Van

The Blue Cross Blue Shield Care Van will conduct FREE health screenings: Glucose, Blood Pressure, BMI, Cholesterol, etc. No appointments necessary.

Friday, May 5th from 10:00-11:30am

Visit **TOPS** (Take Off Pounds Sensibly) for tips on portion management and other weight loss and maintenance information.

Thursdays from 8:00 – 9:15 am



Bear Canyon Baseball

Spring is in the air. Days are getting longer, the birds are singing louder and the Bears Senior Softball Team is anxiously preparing for another season of slow pitch senior softball. Thanks to the help and generosity of The Friends of Bear Canyon Senior Center and the Las Colinas Retirement Home, the Bears are again able to play in the league.

The name of the League is the **Masters 65 Softball League**. Its purpose is to provide an opportunity for eligible seniors to participate in an organized softball league. Men (65 and older) and women (40 and older) make up the teams of the league.

Games are played at the Los Altos softball fields on the corner of Eubank and Lomas Blvd. on Tues. and Thurs. mornings. The league schedule usually runs from the end of April through the 1st week in Oct..

Participation in this league provides the opportunity for healthy outdoor exercise, meeting new friends and the camaraderie of being on a team competing in a friendly atmosphere. Past experience in playing softball is recommended and being in relatively good physical condition advisable.

Opening day was April 25th and game time is 9:30am. Come out and watch the Bears play. We guarantee it will be an entertaining experience. If interested in learning more about the league, and in particular the Bears team, call Larry at 822-8761 or Tom at 828-211.



DRIVER SAFETY CLASSES

1st Saturday of month, 9:30AM – 1:30PM

3rd Thursday of month, Noon – 4PM

Call 767-5959 or visit the Center to register for a class.

Cost: \$15 for AARP members and \$20 for non-members.

LAST CHANCE

FRIENDS OF BEAR CANYON QUILT RAFFLE

The winning tickets for the 2017 Quilt Raffle will be drawn on May 26th. You can only win one of these gorgeous quilts if you have purchased a raffle ticket.

Tickets are available from the Friends of Bear Canyon and at the front desk. For the investment of a buck, you could wind up with a quilt to warm and beautify your home.



THURSDAY DANCE

Join us on Thursdays from 6:00pm to 8:45pm for a whirl around the dance floor. Whether it is the waltz, the polka, the foxtrot, or the jitterbug, you will have fun with your partner or with someone new.

The April band schedule is:

May 4	Swing Shift
May 11	Roger Burns
May 18	Trio Bravo
May 25	Recorded

Your current membership card and \$2.50 is all you need for an exciting evening of music and movement

YOUR NEIGHBORHOOD COMPUTER MAN



*Old-fashioned, friendly
service for high-tech devices*

**We're available
Monday – Saturday
and we come to you!**

**For anything computer or
electronics related.**

**Phone: (505) 508-2124
E-mail: info@yncm-abq.com**

\$64 per hour (1 hour minimum) plus a \$10 per-trip fee.



PIE, ICE CREAM AND REAL ESTATE!

Hello my Friends of Bear Canyon Senior Center. There is nothing I like better than stopping by on the third Friday every month with Pie and Ice Cream for the Ice Cream social. I truly appreciate the many Thanks I get from a lot of you.

I have been in the Real Estate business since 2004. The Real Estate market is on an upward movement and that is good both for the economy of Albuquerque and for those who are considering selling their home. Perhaps you are considering down sizing since the children have all grown and moved on, or you may be thinking about moving into an independent or assisted living community. If that's the case give me a call and let's have a cup of coffee. I can tell you how the market is doing in your area and give you a free Market Analysis for your home specifically.

Stay Well My Friends,

Greg Gillogly, Senior Real Estate Specialist (SRES)

Granfor's Realty, LLC
Office 505-821-1309, Cell 505-328-5277
Email greg@granforsrealty.com



APPLE MAC

Apple iPad & iPhone Workshop

2nd Thursday of every month,

10:00 am – Noon

iPad and iPhone users, bring your iPad or iPhone and join the fun! This is a FREE workshop format where your iPad, iPhone, and iOS questions may be answered. Note: Kindle, Nook, Windows tablets, or Android devices are not covered. Seating is limited to the first 25 who arrive.

Contact: Bob Reed – reed1936@comcast.net

APPLE MACINTOSH DAY

3rd Saturday of each month,

9:45 am to Noon

Open to Mac users of any experience level—FREE. An open, interactive-Apple Macintosh Users meeting and workshop.

Activities include a question & answer session, demonstrations of various Mac Tips & Tricks, and useful presentations of other “how to” Mac related topics.

Contact: Bob Reed – reed1936@comcast.net



WINDOWS

PC COMPUTER WORKSHOP

3rd Wednesday every month 1:30 to 3:30 p.m.

Bear Canyon Computer Lab

This is a **FREE** monthly workshop forum where you have the opportunity to get your Windows PC related questions answered. Donations are appreciated. No registration is needed. Seating is limited to the first 25 who arrive.

Facilitators: Harold Gottlieb and Gary Day
Contact: Harold Gottlieb – hbgottl2@q.com

WINDOWS PC CLASSES AT BEAR CANYON

For a calendar of Bear Canyon computer activities, visit: <http://www.brownbearsnw.com/freecal/bcsc>

We conduct classes on a variety of Windows PC topics. To join our email list, and receive course notifications, contact:

Gary Day (505-292-4909 or garylday@msn.com)
or Walter Garrett (bcwinclasses@gmail.com)

OPEN COMPUTER LAB
Mon, Wed, and Fri
9 – 11 a.m.

iMac, PC, and iPad are
available
for members' use.

Breakfast Menu

Full Breakfast \$1.50
2 eggs, 2 pieces of bacon or sausage,
Hash browns, toast or tortilla

Mini Breakfast \$0.75
1 egg, bacon or sausage. Hash browns, toast or tortilla

Breakfast Burrito \$1.50
1 egg, bacon or sausage, hash browns (chile optional)

A-la-Carte

Egg .25
2 Pieces of bacon or sausage .50
Pancake .25
French Toast .25
Toast or Tortilla .20
Hash Browns .30
Hot Cereal w/milk .70
Side of Chile .25

Drinks

Orange Juice .25
Milk .25
Coffee or Tea .30

Lunch Menu

Daily Lunch Special

\$3.25 for members 60 years of age and older
See below for daily special; must be reserved by 1:00pm on the
previous day; call 505.767.5959 for reservations

A-la-Carte (reservations not necessary)

Salad

Bowl 1.00
Plate 2.00

Sandwiches

Cold Turkey 1.50
Turkey Melt 1.50
"Salad" Sandwich of the Week 1.50
Grilled Cheese 1.25
½ Sandwich .75

Slice of Pie (daily selection varies) .50

Bowl of Soup (daily selection varies) .50

Drinks

Milk .25
Coffee or Tea .30

MAY DAILY LUNCH SPECIALS

Monday	Tuesday	Wednesday	Thursday	Friday
1 Red Chile Cheeseburger	2 Chicken Tenders	3 Pasta Primavera w/ Vegetables	4 Herb Roasted Pork Loin	<u>Food Truck Friday</u> 5 Denver Omelet
8 Meatball Sub	9 Green Chile Chicken Enchiladas	10 Spaghetti w/ Meat Sauce	11 Open Faced Turkey Sandwich	12 Salisbury Steak
15 Roast Beef w/ Gravy	16 Red Chile Chicken Enchiladas	17 Turkey Ziti	18 Herb Crusted Tilapia	<u>Older Americans Day</u> 19 Green Chile Cheeseburgers
22 Sloppy Joes	23 Memphis Dry Rub Chicken	24 Turkey Pot Pie	25 Chicken Fajitas	26  Kick Off To Summer Luncheon
29 CENTER CLOSED	30 Chili Cheese Dog	31 Pot Roast	Lunch is served from 11:30AM to 1:00PM. Reservations required by 1:00 p.m. the previous day. Call 767-5959 to reserve your lunch special. Reserved meals not purchased by 2:30PM are cancelled. Ala-Cart menu available without reservations.	

Lunch Specials are subject to change without notice